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EFFECTIVENESS OF SWEDISH MASSAGE ON PHYSIOLOGICAL PARAMETERS AMONG CHRONICALLY ILL PATIENTS ADMITTED AT DHIRAJ HOSPITAL, VADODARA

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ABSTRACT

BACKGROUND OF THE STUDY: Chronic illnesses are long-term in nature and the individual need to adapt and adjust to this condition and its treatment. **Swedish massage therapy** is the most well-known and widely practiced type of therapeutic massage, and for good reason. This type of massage focuses on muscle relaxation, targeting superficial muscles (rather than the connective tissues targeted in deep-tissue massage) and increasing blood circulation. 6 Benefits of Swedish Massage **Pain management. Increased blood flow. Rehabilitation for muscle injuries. Increased flexibility. Reduced stress. Improved immune system. Aim:** To find out the effectiveness of Swedish massage on physiological parameters. **Material and method:** A quasi-experimental pre-test, post-test, and control group design where 80 chronically ill patients were selected used by simple random technique through computerized lottery method collecting the baseline information.to assess the physiological parameters. intervention includes a single session of 30 minutes Swedish massage. descriptive and inferential statistic was used for analyzing the data.

Result: The present study found a significant difference in physiological parameters before and after Swedish massage in the experimental group calculated 't' value is higher than the

table value at 0.05 levels. 't' value 6.44 which is >1.0684 is statically significant. different in physiological parameters before and after Swedish massage in control group calculated 't' value is less than the table value at 0.05 levels. 't' value 0.57 which is >1.0684 is statically significant. to find association in physiological parameters with sociodemographic variable assess by chi-square in experimental group pulse -1 and demographic variable by 0.05 level all demographic variable value of age x^2 4.949 more than 3.84 significant to find association in physiological parameters with sociodemographic variable assess by chi-square in control group blood pressure-2 and demographic variable by 0.05 level of age x^2 6.720 was more than 5.99 was significant to find association in physiological parameters with sociodemographic variable assess by chi-square in control group pulse-1 and demographic variable by 0.05 level of age x^2 1.397 was more than 3.84 was significant to find association in physiological parameters with sociodemographic variable assess by chi-square in control group pulse-2 and demographic variable by 0.05 level of education x^2 9.717 was more than 7.81 was significant.

Conclusion: This study conducted that the Effectiveness of Swedish Massage on Physiological Parameters Among Chronically Ill Patients

Keywords: effectiveness, Swedish massage, physiological parameters, chronically ill

INTRODUCTION:

Massage therapy is part of a old-style holistic system of healing methods that began about 5,000 years ago. The history of massage therapy dates back to 3000 BCE (or earlier) in India, where it was considered a sacred system of natural healing. Used by Hindus in Ayurveda "life health" medicine, massage therapy was a practice passed down through generations to heal injuries, relieve pain, and prevent and cure illnesses **[1]**. Massage therapy is used to help manage a health condition or enhance wellness. It involves manipulating the soft tissues of the body. Massage has been practiced in mostcultures, both Eastern and Western, throughout human history, and was one of the earliest tools that people used to try to relieve pain **[2]**. Massage is a general term for pressing, rubbing, and manipulating your skin, muscles, tendons, and ligaments. Massage may range from light stroking to deep pressure **[3, 5]**. Swedish massage was invented by a Swedish fencing instructor named Per Henrik Lingin the 1830s. When he was injured in the elbows, he reportedly cured himself using tapping (percussion) strokes around the affected area. He later developed the techniquecurrently known as Swedish massage. This technique was brought to the United States from Sweden by two brothers, Dr. Charles and Dr. George Taylor in the 1850s **[4]**. Swedish massage therapy is the most well-known and widely practiced type of therapeutic massage and

for good reason. This type of massage focuses on muscle relaxation, targeting superficial muscles (rather than the connective tissues targeted in deep-tissue massage) and increasing blood circulation. Benefits of Swedish Massage Pain management. Increased blood flow. Rehabilitation for muscle injuries. Increased flexibility. Reduced stress. Improved immune system. Chronic ill patients such as endocrine disorders, cardio-thoracic disorders, respiratory disorders, and renal disorders. To improve the condition due to Swedish massage therapy. Four of the most prominent chronic diseases – cardiovascular diseases (CVD),cancer, chronic obstructive pulmonary disease, and type 2 diabetes.

MATERIAL AND METHOD:

Research Approach: Quantitative Approach used for this study **Research Design:** A Quasi-Experimental Pre-Test, Post-Test, Control Group Design **Place of study:** The study was conducted in Dhiraj hospital. Vadodara. **Source of Data:** The Sources of Data Are Chronically Ill Patient with Endocrine Disorders, Cardio-Thoracic Disorders, Respiratory Disorders, And Renal Disorders. **Sample Description Population:** Chronically Ill Patient. **Sample size:** 40 samples are assigned to the experimental group and 40 are assigned to the control group. total sample are 80 **Sampling technique:** Samples will be selected by simple random technique to computerized lottery method. **Sample selection criteria: Inclusion criteria:** Patients who are Chronically ill with endocrine disorders, cardio-thoracic disorders, respiratory disorders, and renal disorders. Above 20-year age who are present at data collection. Who are willing to participate in the research. **Exclusion criteria**: Patient with Abdominal or reproductive surgeries. Patient with back injury, bed sores Patient who are duff and dumb

Material and equipment for the study:

The tool is alienated into 2 - Sections: **Section I** It contains of demographic variables of the contributors such as such as include age, gender, literacy level, Duration of hospitalization, Chronic Illness **Section II:** Assessment of physiological parameters. In Include Physiological Parameters Search as A Blood Pressure, Pulse, Respiration, andTemperature of The Chronically Ill Patient **ORGANIZATION OF FINDINGS:** The Data collection from under chronically ill patient has been organized and followingheading. **Section 1:** Distribution of Patient according To Demographic Variables. **Section: 2** Assessment of physiological parameters. **Section:3** Association of difference in physiological parameters with sociodemographicvariable.

Section 1:

Table 1: Frequency and percentage distribution of chronically ill patient {n= (40+40)}

Sr. No.	Demographic Data	Experimental Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
1.	Age				
	A. 20-40 Years	14	35%	15	37.5%
	B. 41-60 Years	26	65%	25	62.5%
2.	Gender				
	A. Male	29	72.5%	21	52.5%
	B. Female	11	27.5%	19	47.5%
3.	Education				
	A. No Formal Education	13	32.5%	12	30%
	B. Primary Education	12	30.0%	18	45%
	C. High School	09	22.5%	8	20%
	D. Higher Secondary	06	15.0%	2	5%
4.	Duration Of Hospital				
	A. < 6 Day	19	37.5%	17	42.5%
	B. > 6 Day	21	32.5%	23	57.5%
5.	Chronic Illness				
	A. Endocrines Disorder	18	45.0%	15	37.5%
	B. Cardiothoracic Disorder	13	32.5%	14	35.0%
	C. Respiratory Disorder	09	22.5%	11	27.5%
	D. Renal Disorder	00	00%	00	00%

Section :2

Table 2: Mean standard deviation and paired t-test of physiological parameters Beforeand after Swedish massage in experimental group (n=40)

Sr. No.	Physiological parameters	Mean	SD	paired 't' value
1.	Blood pressure Reading:1	0.70	0.68	6.44
2.	Blood pressure Reading:2	0.57	0.63	5.71
3.	Pulse Reading:1	0.17	0.38	2.87
4.	Pulse Reading:2	0.20	0.40	3.12
5.	Respiration	0.50	0.50	6.24
6.	Temperature	0.20	0.40	3.12

Table 3: Mean standard deviation and paired t-test to Comparison of control groupand experimental group Post-test physiological parameters to check the effectivenessof Swedish massage (n=40)

Sr. No.	Physiological parameters	Mean	SD	paired 't' value
1.	Blood pressure (Reading:1)	0.57	0.63	5.71
2.	Blood pressure (Reading:2)	0.57	0.59	6.11
3.	Pulse (Reading:1)	0.15	0.42	2.22
4.	Pulse (Reading:2)	0.17	0.38	2.87
5.	Respiration	0.70	0.46	9.53
6.	Temperature	0.15	0.36	2.62

DISCUSSION:

In this study Quantitative Approach was Considered appropriate Research design A quasi-experimental pre-test, post-test, control group design was selected for this study to assess the Effectiveness of Swedish Massage on Physiological Parameters Among Chronically Ill Patients The samples of this study where 40 samples are assigned to the experimental group and 40 are assigned to the control group. total sample are 80 sampling technique was used to select Samples will be selected by simple random technique to computerized lottery method. Independent Variable: In this study independent variable is Swedish massage Dependent Variable: physiological parameters. demographic variable: Age,

Gender, Education, Duration of Hospital, Chronic Illness Sample selection criteria according to Inclusion criteria: Exclusion criteria.

CONCLUSION:

This study presents the conclusion drawn, implication, limitation and recommendation of the present study, the focus of this study was to assess Effectiveness of Swedish Massage on Physiological Parameters Among Chronically Ill Patients the study undertaken to assess Effectiveness of Swedish Massage on Physiological Parameters Among Chronically Ill Patients with Samples was selected by simple random technique to computerized lottery method was used to draw the sample. The size of sample 80 andselection sample was done according to inclusion criteria. In the analysis used both descriptive and inferential statistics.

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